

Summer 2013



CHESTERFIELD COUNTY

Office of the Senior Advocate Newsletter

Message from the Senior Advocate

Every year since 1963, May has been the month to appreciate and celebrate the vitality and aspirations of older adults and their contributions and achievements. It is a proud tradition that shows our nation's commitment to honor the value that elders continue to contribute to our communities.

This year's Older Americans Month theme - "Unleash the Power of Age!" - emphasizes the important role of older adults. In May, communities across the nation recognized older Americans as productive, active and influential members of society.

In preparation of Older American's Month, students in fourth and fifth grades wrote an essay on an older adult who had made a difference in their life. This was an optional writing experience for the students. The office received 200 essays and a committee had a difficult decision picking the winners. (See article on page 6 and picture below)

May 1 started off with our annual Triad Senior Day, where 800 people visited with vendors, heard a program on scams and were entertained. This event was followed by the annual Senior Idol competition, "Soup for the Caregiver's Soul" caregiving workshop, and our Lawyers Helping Seniors Day. May ended with 17 older adults going to Harrowgate Elementary School to ready with kindergarten and first grade students.

With the arrival of summer, the Office of the Senior Advocate is looking forward to moving to new space. In July, we will be moving to the Community Development Building, where we will enjoy more office space and our volunteers will have an easier time coming into the office. We will still be located in the government complex. We are also celebrating 10 years as the Office of the Senior Advocate. Once we move, we will be scheduling an Open House for both of these events.

Debbie



Student Essay Contest Winners

Christopher Chavez (Robious), Jonathan Golden (Clover Hill), Natalie Berry (A. M. Davis), Talaiyah Dickerson (Jacob's Road), Nyla Jones (Ecoff), Kendall Schenck (Evergreen), **Ashley Nuckols—Overall Winner** (Curtis), Alexa Rose (Elizabeth Scott), Ethen Roberts (Curtis), Talyah Rawls (Greenfield), Afton Elisabeth Mueller (Bon Air), Grace Ferree (Bettie Weaver)

Beat the Summer Heat!



Summer weather can be very risky for many, especially those over 65 and individuals with certain health issues. Here are five steps and precautions everyone can take to protect themselves, as well as loved ones and neighbors.

1. Drink Plenty of Liquids. Water and/or fruit and vegetable juices are all great ways to stay hydrated.

2. Lower Your Chance of Heat Problems. If you live in a home or apartment without fans or air conditioning, follow these steps:

- A. Create cross-ventilation by opening windows on two sides of a room.
- B. Cover windows when they are in direct sunlight.
- C. Keep curtains, shades or blinds drawn during the hottest part of the day.
- D. Try to spend at least two hours, if possible, in an air-conditioned area such as a local cooling center, shopping mall, library or senior center.

3. Call the Senior Connections' Fan Care Program at 804-343-3005 to find out if you are eligible to receive a free fan or window air conditioner. The program ends Sept. 30.

4. Pay Close Attention to Weather Reports. You are more at risk as the temperature or humidity rises or when there is an air pollution alert in effect.

For more information, contact our office at 804-768-7878 or leidheiserd@chesterfield.gov.

Cooling Assistance Program

The purpose of cooling assistance is to prevent or help with cooling emergencies resulting from extreme heat. Applications are accepted at the local Department of Social Services from June 15 through August 15.



To be eligible for any type of cooling assistance, certain income criteria must be met. In addition, the household must contain at least one vulnerable person (aged 60 or over, child under six or a disabled individual) and there must be a cooling need.

The following types of assistance are available if the eligibility conditions are met and the assistance will ensure cooling: purchase or replace and install an air conditioner; repair a central air conditioning unit or heat pump; payment of an electric utility security deposit; payment of the electric bill to operate the cooling equipment.

For more information, call the Energy Assistance Office at 804-717-6825, or go online. <http://www.dss.virginia.gov/benefit/ea/index.cgi>

Project Lifesaver

Project Lifesaver helps provide rapid response to save lives and reduce potential for serious injury for adults and children who wander due to Alzheimer's, Autism, dementia and other related disorders.

Project Lifesaver's tracking bracelet emits an automatic tracking signal every second, twenty-four hours a day. This enables trained rescue personnel to locate the person quickly. For more information, contact the Police Department at 804-318-8690.

Senior Ambassador Program

Are you an adult 55 or older who wishes to be engaged in community service in a new way?

The Chesterfield County Senior Advocate will offer its Senior Ambassadors program in September. The eight-week course will allow adults 55 and older to broaden their knowledge of the county and to learn how they can use their creative energies to better the community through self-enrichment and volunteerism.



“This group of older adults will get a snapshot of the many different areas of Chesterfield County”, said Senior Advocate Debbie Leidheiser. “Participants will visit various sites and hear from an expert or policymaker on topics ranging from history, lifelong learning, health and wellness, government and business and safety. I’m very excited that the office can offer this program to our older adults.”

A majority of the classes will meet at the Chesterfield County Community Development Building. The upcoming sessions will be on Thursday, Sept. 19 and on Mondays, Sept. 23-Nov. 4. Enrollment in Senior Ambassadors is free, but an application is required and must be received by Aug. 9. Each session is limited to 20 participants who are selected by lottery.

This unique program is sponsored by several organizations and businesses, including Chesterfield County Public Schools, the Chesterfield Chamber of Commerce, CJW Medical Center and Heritage Financial Consultants.

Applications are available June 17. To download an application, visit <http://chesterfield.gov/seniorevents>. For more information, contact the office.

Telephone Reassurance Program

The Telephone Reassurance Program allows volunteers to verify the well-being of isolated or disabled adults through weekly telephone calls. Such interaction has proven to be effective in reducing isolation, victimization and health concerns among older or disabled adults.



Seniors can apply to the program or be referred by family or friends. Applicants will be interviewed on the phone and need to fill out a brief form listing their emergency contacts and interests or hobbies.

Volunteers are needed on Monday and Thursday mornings to make calls to seniors. For more information, contact our office.

Harrowgate Reading

We just completed this year’s program on May 31 for the 2012-2013 school year. Older adults will be reading to students at Harrowgate Elementary School from 10:30 a.m.-noon on Fridays, beginning again in September. The fall dates are Sept. 27, Oct. 25, Nov. 22 and Dec. 20.

This is a great volunteer opportunity that doesn’t require a lot of time and it is a lot of fun working with the children. After reading to kindergartner students, doing an enrichment activity with them that relates to the story, and giving each child a copy of the book, volunteers will do the same for first graders. A reminder will be sent as the reading days approach.

If you are interested in volunteering for this program, call 768-7878. Individuals need to fill out a volunteer application if they have not participated before.

Fun at the Fairgrounds

Join others on October 15 at the Chesterfield Fairgrounds for our annual Health and Wellness Festival. This annual event for older adults age 50+ offers free health screenings, crafts, games, entertainment, competitions, door prizes and refreshments. In addition, there will be several vendors in attendance who provide services for older adults.

Mark your calendars for October 15, 9 a.m.-12 p.m. More information will be coming as the date gets closer.



F.R.E.E. collects, sanitizes, repairs and gifts donated mobility equipment to uninsured and underinsured adults in Virginia.

If you have mobility equipment that you are no longer using, you can donate it to the F.R.E.E. Foundation. The equipment can be dropped off at any Goodwill store in the area. If you are in need of any assistive equipment, you can go to the website to fill out the application form.

For more information, go to their website.

http://www.free-foundation.org/content/File/application/richmond_medical_2013.pdf



Volunteer Opportunities

There are many volunteer opportunities through the Office of the Senior Advocate and with other groups in Chesterfield. Listed below are some of the volunteer positions available. Call the office if you can help.

Office Volunteers/Receptionists: Volunteers are needed to help in the office answering phones, making copies, putting packets together, special projects and/or simple work on the computer.

Special Events: Help with special events in the community that the office supports, including Triad Senior Day, Senior Idol and Fun at the Fairgrounds.

Telephone Reassurance Volunteers: Volunteer once or twice a month to call older adults from the office for socialization.

Chesterfield TRIAD

Chesterfield Triad is a partnership among the county's Sheriff Office, Police Department, Fire and Emergency Medical Services Department, Office of the Senior Advocate, senior organizations and individuals from the community.

Triad strives to educate seniors and caregivers about programs, services, techniques and systems that help prevent crime against seniors and improve their quality of life.

Triad gives seniors a voice when it comes to their personal safety and security and offers them an opportunity to socialize, while learning ways to be safe and secure.

Join us on the third Thursday of each month from 9-10:30 a.m. at Police Support Services, 2730 Hicks Road, North Chesterfield, to learn more about the group, its programs, and the latest scams against older adults.

Upcoming meetings are June 20, July 18, August 15 and September 19.

Volunteer Reception

On April 22, volunteers attended the Senior Advocate's Volunteer Appreciation "Love Boat" Cruise. Participants chose from various activities during the event, which included a back and shoulder massage, grape juice tasting, black jack and more. Martha Frickert presented a program on volunteering, after which everyone enjoyed lunch.

We would like to thank our volunteers for the time they give to volunteer and for making a difference to others. Time is one of the most precious resources in our life. When individuals volunteer, they bring many resources to our department: skills, advice, experience, friendship, vision, leadership, inspiration, etc. With your time this past year, you have talked with older adults on the phone to bring socialization to their life and to let them know that someone cares, you're read with children to foster a love of reading, supported grandparents raising their grandchildren, helped with special projects and events throughout the year, and you have been available when there

was a need. Thank you for all that you do for the Senior Advocate's office. You make a difference!



Melanie Scruton with The Ripple Effect Therapeutic Massage gives a back massage to a volunteer.

Which is the best? Grape Juice Sommelier Jack Porray tells about the different grape juices to sample.



Black Jack Dealer Henry Leidheiser explains the game to our volunteers

Hurricane Season is Fast Approaching: Make a Plan

Where will you, your family, your friends or personal care attendants be when an emergency or disaster strikes? You, and those you care about, could be anywhere – at home, work, school or in transit. How will you find each other? Will you know your loved ones are safe? Prepare yourself and your family for a disaster by making an emergency plan. Consider working with others to create networks of neighbors, relatives, care providers, friends and co-workers who will assist each other in an emergency. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, pets, or specific needs like the operation of durable medical equipment. Individuals with special needs can be especially confused and upset during emergencies. Make sure your support network knows how to best assist in calming and communicating with your loved one with special needs.

Once you've developed your plan, discuss and practice the plan at least twice a year and update it as needed.

Family Emergency Plan you can print and fill in offline.

http://www.ready.gov/sites/default/files/documents/files/Family_Emergency_Plan.pdf

Caregiver Connection

Caregiver Connection helps address the needs of those who are caring for an adult with physical or cognitive deterioration, usually a parent or a spouse.

Join the Caregiver Connection support-group.



Meetings are held the first Tuesday of every month beginning at 4 p.m. at Lucy Corr Village's Assisted Living Friendship Room, 6800 Lucy Corr Boulevard.

The next meeting will be July 2. Light refreshments are served. For more information, please call 804-768-7878 or 706-5657

Grandparent Connection

Are you a Grandparent raising a child?

Would you like to meet other grandparents who are doing the same? Join the Grandparent Connection support-group.



Meetings are held the first Thursday of every month beginning at 4:15 p.m. in the Juvenile and Domestic Relations District Courts Building, 7000 Lucy Corr Boulevard

The next meeting will be July 11. Free childcare will be provided on site and light refreshments will be served.

For more information, please contact our office.

Senior Volunteer Hall of Fame

The Chesterfield Senior Volunteer Hall of Fame is seeking nominations for inductions of seniors aged 65 and older who have rendered unusual or outstanding volunteer service after the age of 65.

Application forms will be available on July 29, and are due in the Senior Advocate's office by September 13. Nomination forms will be available at all Chesterfield County libraries, online at chesterfield.gov/seniorevents or by calling 768-7878.

The Senior Volunteer Hall of Fame Recognition Ceremony will be held at 2 p.m. on Thursday, October 17. All nominees are expected to attend the ceremony.

Student Essay Contest

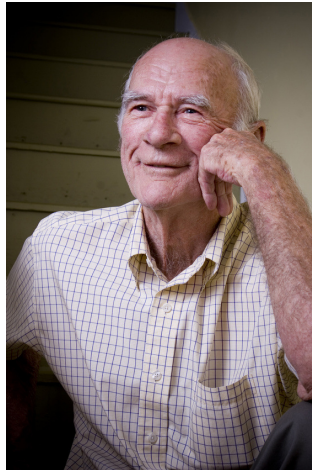
The Board of Supervisors recognized Ashley Nuckols, a student at Curtis Elementary School, as the grand-prize winner of the annual essay contest for Older American's Month at their meeting on April 24.

The contest, which gives students in grades 4-5 the opportunity to acknowledge an older adult who has had a positive impact on their lives, was open to all Chesterfield County Public School students.

Nuckols said she admires her grandmother because she lives her life in a strong, loving and self-sacrificing manner. "Seeing how she lives her life and how she puts others before herself has inspired me to be a better person," said Nuckols.

Chesterfield County Centenarian Club

Do you have a friend or family member celebrating their birthday of 100 years or more? Chesterfield County would like to honor your loved one's wealth of experience and longevity through its Centenarian Program, administered by the Office of the Senior Advocate. In addition to county recognition, the Senior Advocate will contact the White House Greetings Office to request that the President send a congratulatory letter to each centenarian. Congress, the Governor and Virginia legislature also will be notified.



County residents who are 100 years of age or older may apply or be nominated on a rolling basis throughout the year. Completed applications must be received no less than two months prior to the centenarians birthday to ensure time for all dignitaries to respond. Applications will be accepted closer to the centenarians birthday, but the birthday greetings may not be received from the President and legislative delegation until after the birthday.

A completed Centenarian Club application packet must include:

- *Completed application form,
- *Proof of age (100 years or more) submitted at time of request (copy only)
- *Proof that the nominee permanently resides in Chesterfield County (copy only)

The completed application packet may be emailed to leidheiserd@chesterfield.gov or mailed to The Office of the Senior Advocate, P.O. Box 40, Chesterfield, VA 23832.

For more information call 768-7878.

Chesterfield Council on Aging

The Chesterfield Council on Aging meets on the fourth Thursday of each month, 9:00-10:30 a.m. in the meeting room at Lucy Corr Village, 6800 Lucy Corr Boulevard, Chesterfield.

The Council seeks to enhance the quality of life for older adults and individuals with disabilities through education, advocacy and community service. Individuals and representatives of organizations who share these goals are welcome to join the council.

Upcoming meetings are June 27, July 25, August 22 and September 26.

Dates to Remember

Caregiver Connection— 1st Tuesday of each month at Lucy Corr Village, 4:00 p.m.

Grandparent Connection— 1st Thursday of each month at Juvenile & Domestic Relations District Court Building. 4:15 p.m.

TRIAD meetings - 3rd Thursday of each month at Police Support Services, 2730 Hicks Road, 9:00 a.m.

Chesterfield Council on Aging - 4th Thursday of each month at Lucy Corr Village, 9:00 a.m.

Sept. 14 - Senior Volunteer Hall of Fame Applications Due

Sept. 19 - Senior Ambassador class starts

Sept. 27 - Harrowgate Reading

Oct. 9 - Senior Connections Empty Plate Luncheon

Oct. 15 - Fun at the Fairgrounds

Oct. 17 - Senior Volunteer Hall of Fame Recognition Ceremony



OFFICE OF THE SENIOR ADVOCATE

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The Office of the Senior Advocate, created in May 2003, serves residents in Chesterfield County aged 60 and older, their family members and caregivers by providing information and referrals, and promoting and coordinating services for:

- older adults who want to remain active and independent and be vital contributors to their communities,
- older adults who may need assistance to remain as independent as possible,
- caregivers, including those who may themselves be older and need assistance.

Our mission is to enhance the quality of life of older adults and their caregivers in Chesterfield County and to promote the ability to live active, independent lives as long as possible.

If you or someone you know is in need of any of these services, please contact the Office of the Senior Advocate at 804-768-7878 or email Leidheiserd@chesterfield.gov.

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